



The Perfectionist Reset

5 WAYS TO QUIET YOUR INNER CRITIC
AND FINALLY FEEL LIKE ENOUGH

For the high-achiever who is exhausted by the
relentless chatter in your mind

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Hi, I'm Stephanie.

A THERAPIST.
A LIFELONG ATHLETE.
AN ANXIOUS HUMAN.

Does this sound like you?

- Your mind struggles to slow down
- You work so hard, but it still feels like "never enough"
- Slowing down feels uncomfortable
- Your inner critic is relentless
- You push through or escape your anxiety, but neither works
- On the outside you have it all together - inside things feel loud and disconnected from how you want to be

I've been there - pushing harder, avoiding anxiety, chasing high standards. I know you and also know there's a better way. Now I help high-achievers and athletes find it too.

Read on for some helpful tips to Reset your Perfectionism...

The Perfectionism Trap

Perfectionism disguises itself as a strength.

You deliver. You set the bar high - then immediately move it higher.

The problem is the finish line keeps moving.

Your inner critic developed for a reason. But somewhere along the way it stopped working *for* you and started working *against* you.

The goal isn't to silence the critic forever. It's to stop letting it run the show.

THAT'S WHAT THE 5 RESETS ARE DESIGNED
TO HELP YOU DO!



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1

The Good Enough Experiment

Done is better than perfect.

Perfectionism says anything less than flawless is failure. But the gap between “good enough” and “perfect” is far smaller than it feels.

TRY THIS: The 80% Rule

Pick one task. Cap your effort at 80%.

Submit it. Be done.

Notice what actually happens vs what your inner critic predicted

2

Name the Thought

You are not your inner critic.
You're just the one who can hear it.

Instead of "I'm not good enough" try "I'm having the thought that I'm not good enough".

The gap between you and the thought is where you begin to gain freedom from the trap. It creates the ability to separate from and observe your thought as simply that - a thought.

TRY THIS: Label it Out Loud

When your inner critic shows up, say:
"There's that thought again."
Name it. Don't fix it.
Keep moving.

3

Separate Identity from Output

Your worth is not attached to your performance.

You are not your achievements. Your resume. Your awards. You existed before all of that and you will exist after them. Believe me.

I know the pressure, the attachment to status, the thrill of success. This doesn't mean you don't want those things anymore, it just means you don't need to be defined by them.

TRY THIS: The Identity Inventory

Write down 5 ways you describe yourself that have nothing to do with what you accomplish.

Start with:

I am someone who...

4

Interrupt the Thought Spiral

Overthinking isn't a personality train -
it's a habit you can change.

The key is catching the spiral early before it has gained momentum.

The moment you notice you're in your head -
that's your cue.

TRY THIS: The Pattern Interrupt

Name it ("I'm spiraling"), then move your body.
Stand up, step outside, splash water on your face.
Your body interrupts the loop.

5

Reconnect to Your Values

Real motivation comes from what you care about - not what you fear.

Fear-based living is exhausting. Values-based living gives you energy and aligns you with what matters most.

Stop asking "Did I do enough?"

Start asking "Did I show up as who I want to be?"

TRY THIS: Your Values Check-In

Ask yourself: "Is what I'm doing right now driven by what I care about or by fear?"

Pause and Answer.

If it's care, continue.

Fear, redirect towards a value.

Ready to Train Your Mind?

THESE 5 RESETS ARE JUST THE
STARTING POINT

Real skills.

Real accountability.

A space to say what's actually going on
and know it's understood.

SCHEDULE A FREE CONSULTATION

No pressure. Just a real conversation.

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